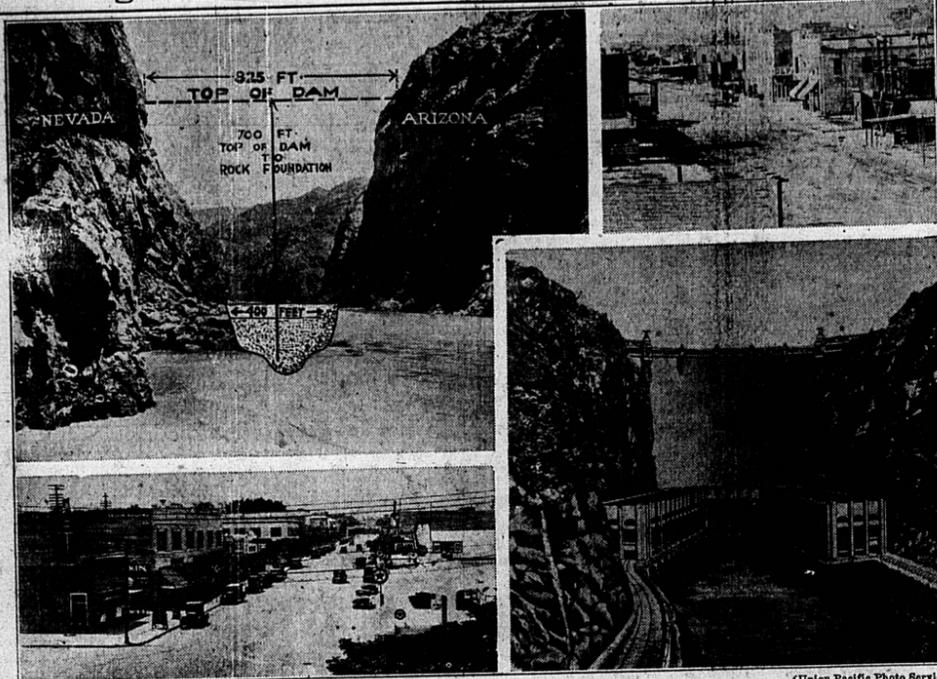


Making Boulder Dam Actual Eighth Wonder of World



Government authorization, to the Union Pacific System to build the rail line from Las Vegas, Nev., to the main construction center is hailed as the beginning of work on Boulder Dam, the world's largest irrigation and power project for which \$165,000,000 will be expended to control Colorado River waters for irrigation, flood control and hydro-

Home Nursing Hints

By Grace L. Smith, R. N.

Remember that a smile and a cheery good morning mean a lot. Bear in mind that the general appearance of the nurse as to clean shoes, carefully combed hair, clean dress and generally fresh appearance means a lot. One may think this unimportant, but remember it lifts the patient away from the drabness of the sick room.

First procure a basin with warm water, face towel, wash cloth and soap. Bathe the face and hands, dry thoroughly, brush the hair and cleanse the mouth and teeth. Remember that mouth is just as important as that is where bacteria are acted upon as in an incubator. If the patient is unable to wash his own teeth, the nurse, by taking a soft cloth or piece of cotton can do it fairly well. Now the bed clothes are straightened up and tightened, and the patient is ready for his breakfast.

Night Preparations

Allow the patient to rest for one or two hours before his bath and the follow-up treatments. This form of work will be taken up in succeeding articles. By the time your patient is bathed and the treatment given it is close to lunch time, after which a short nap should be taken by the patient. Before the evening meal do exactly as you did before breakfast.

After supper the patient will want to amuse himself by reading or talking. Help him pass the evening. About nine o'clock he is prepared for sleep by brushing the crumbs from the bed, tightening

the under sheet and rubber draw sheet, freshening the pillow, and an alcohol rub to relieve the tired back muscles. Never rub the legs in any form of illness unless you have specific orders from the physician to do this as it may cause serious trouble.

Naps Beneficial

Place a fresh pitcher or glass of water by the bedside, and leave a small light burning if the patient desires. Personally I always like to leave a shaded light in the sick room as it gives the patient the idea that he is not entirely alone. If the patient is to be left alone in the room, be sure the little bell he may need for calling you is handy. If a hypodermic is used, (this drug used for inducing sleep) give it with warm milk, broth or chocolate, as food in the stomach draws the blood to it, and away from the brain, and also helps to induce sleep.

A person who is ill, is spending a greater portion of his time in bed and will from time to time take short naps. This is very beneficial to the preparative process that is going on. If an occasional wakeful night is experienced, do not let this worry you to the extent of constantly using drugs, as they are quickly habit forming and hard to break at best, but in all cases keep your physician informed as to the patient's actions at night.

Observation in caring for the sick, includes watching for the development of unusual symptoms and reporting them to the physician in charge immediately. Observation of symptoms for the untrained person is rather difficult, but if you are careful in watching and listening to the patient's description of a new pain development, or the disappearance of pain, it will greatly aid the physician who is with the patient but a few minutes each day. It will help him make a

better diagnosis and to order corresponding treatment.

The best way to keep all the things in mind, which happen between the visits of the doctor is to write them down on a slip of paper and when the doctor arrives give him this slip to read over before he sees the patient, this then gives him some working knowledge of what has happened since his last visit.

Eyes Tell Tales

For example: A patient is sick to leave a shaded light in the sick room or to specific, a pleurisy. Since the doctor's last visit, the breathing has changed and there is a more anxious look on the face, perhaps a little more flushed or the eyes brighter than usual. These are very important symptoms and may cause an entire change in the treatment. However, without you the doctor probably would know nothing of the change.

Eyes tell many tales. Watch for dilated or contracted pupils or whether they are unequal in size. If there is a pain around the ear, it is hard for the patient to say just where it is, but by gently pressing around the entire area of the ear, oftentimes you will be able to determine the exact spot. If we have to deal with an ear dressing, turn the patient's head on the other side from where the drainage is coming from and let it flow freely from the ear canal.

Watch Patient's Skin

The mouth and tongue should be moist, clean and pink. Perhaps you have noticed an exceptional thirst, or that it is red, very red, perhaps the tongue is cracked or badly coated. Note whether the gums have changed from a normal appearance. Whether the throat is swollen, sore or has a patchy appearance. Note whether the glands in the neck have swollen and if so, follow the line of swelling.

Note the odor of the breath, as this particular symptom may indicate many things. Remember in a previous article I spoke about the mouth being one of the main channels for infection. The skin is also greatly indicative of a healthy or unhealthy condition. Watch for skin blemishes or eruptions of any kind.

Write Your Problems

Remember that another of the most important things in caring for the sick is to carefully note and report the bodily elimination. These are taken care of in four ways, through the skin, lungs, kidneys and alimentary canal.

The next article will cover this all important function. If you have any nursing problem on which you need immediate help, write Miss Smith and she will advise you. Address Miss Grace L. Smith, care of this newspaper. Enclose stamped and addressed envelope.

No Wonder He Didn't Run



This young Jersey gentleman from the prize herd owned by Harry Cook, near Chino, California, is being taught his manners in preparation for his appearance in the great livestock show to be staged at Los Angeles County Fair in Pomona, September 12 to 21. His instructors are Lucille Barry and Helen Krehbiel.

Glycerin Mix Removes Cause of Stomach Gas

Simple glycerin, buckthorn bark, saline, etc., as mixed in Adlerka, acts on BOTH upper and lower bowel, removing poisons you never thought were there and which caused gas and other stomach trouble. Just ONE spoonful relieves GAS, sour stomach, sick headache and constipation. Don't take medicine which cleans only PAINT of bowels, but let Adlerka give you a REAL cleaning and see how good you feel! It will surprise you! Dolley Drug Company. —Adv.

Old Ticket Owned By Local Woman

(Continued from Page 1)

The words, "Abraham Lincoln for president — Hannibal Hamlin for vice president." Then follows the names of electors of president and vice president. No spaces for "X" marks—just a ticket.

Mrs. King's memento of the Garfield election is similar to the earlier Lincoln ballot. It, however, carries three propositions for vote by the people of Kansas. Mrs. King's father voted this ticket while he was residing in that state.

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Aged Woman Passes Away at Home Here

Mrs. Martha Fillmore, 80 years of age, died at the home of her son, John Thorington, of 1615 Carson street, Tuesday. She was the mother of six children, two of them still living. They are the son in Torrance and Ed Thorington, of Walla Walla, Wash.

Funeral services were held yesterday afternoon at Stone and Myers with Rev. Lingenfelter officiating. Interment followed at the Redondo cemetery. Mr. and Mrs. F. C. Kramer, of Kirkville, Mo., long friends of Mrs. Fillmore attended the services here.

OBITUARY

LUCY MARY REEVE
Lucy Mary Reeve, age 71, died Sunday, August 24, at home of her daughter, Mrs. R. R. Howe, after long illness. She lived in Torrance since 1913 and leaves Mrs. Howe, Huram E. and Nelson H. of Torrance; Mrs. M. C. Hornum of Moneta and grandchildren. Funeral services from Stone and Myers' chapel were held Tuesday at 2 p.m. by Rev. E. H. Lingenfelter. Mary Thompson sang. Ladies of the Women's club were casket bearers and ladies of the auxiliary of the American Legion were ushers. Burial followed at Inglewood.

FAY CLARK
Fay Clark died at a Los Angeles hospital Tuesday as result of auto accident at Redondo and Hawthorne boulevards, May 25, last. She was the mother of Mrs. Ray Tomkins of Torrance. Burial will be at Roosevelt Park Friday afternoon. Funeral services at Stone and Myers, 2 p.m., tomorrow.

MARTHA FILLMORE
Martha Fillmore, age 80, died at home of son, John Thorington, at 1615 Carson street. Funeral services were held from Stone and Myers chapel yesterday. Burial at Redondo cemetery. Rev. Lingenfelter officiated and Mary Thompson sang.

BALANCING ROCK GERBER, (UP)—A balancing rock resembling a man's head sticking out of the ground, is a strange sight on the road to Lassen Volcanic National Park.

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Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day, and checks Malaria in three days.
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